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BOOK REVIEWS

Graded Games and Rhythmic Exercises for Primary Schools. By MARION B. NEWTON. New York: A. S. Barnes. Pp. 110. \$1.00.

Physical exercise for all children is a comparatively new idea. For a long time boys have been regarded as requiring plenty of exercise, and they have had gymnasiums and regulated athletic sport; most likely because they insisted on having it. But it is only recently, that we have shown our conviction that boys and girls, little children as well as big ones, have a right to room and time for organized and directed physical activity. This conviction has expressed itself by putting opportunities for exercise into the public as well as the private schools, by endeavoring to regulate the exercise according to the age and interests of the children, and by the preparation of courses and manuals of exercises, chiefly for children from the fourth or fifth grade up, where most of our experience has been gained.

It is a new experience, and a most welcome one, to find in Miss Newton's book of *Graded Games and Exercises* a course for little children, from the first to the fourth grades. There is nothing, I think, in print as yet of just this kind. Miss Stoneroad published a book of rhythmic exercises for young children and Miss Fanny Johnson and others have given us suggestive work in other lines. Miss Newton's book endeavors to present a fairly complete list of games, exercises, marches, and plays, based on sound physical principles which will be of great help in the schoolroom and do much to give consistency and value to the work in the schools.

There is a tendency to too great repetition in some lines; there is advance and variety in the repetition, but the new phases it emphasizes are social and intellectual rather than physical. In the third and fourth grades, especially, some of the very active and heavier type of folk games might have been given, and if it were possible, in the earlier grades, simple climbing, stretching plays would be of value.

But the list as given is very good and any group of children would be fortunate who for four years had had the fun and physical benefit of these plans.

The book is well printed, in clear type and with attractive spacing, the pictures are interesting, the directions simple and practical. Miss Harris has supplied a wise and earnest preface.

ALICE O'GRADY

CHICAGO NORMAL SCHOOL

The Wonderful House that Jack Has. By C. N. MILLARD, Supervisor of Grammar Grades, Buffalo Public Schools. New York: Macmillan. 8vo. Pp. 359. \$0.50 net.

There has been a great need of textbooks of physiology which would be suitable for school use. Most of them have been too technical, and have given undue prominence to anatomical description, whereas the chief emphasis with

children should be placed on a discussion of hygienic habits of living; the physiological processes and the anatomical structures should be described very simply and with a definite bearing on their hygiene.

This book takes the hygienic point of view, and deals with the subject in a simple, conversational manner, with little use of technical terms but with scientific knowledge. It is a valuable contribution to this field of instruction. As the name implies the body is regarded as a house, built up and warmed by food, ventilated through the lungs, cleaned inside and out by water, and supplied with a set of windows—the senses—that must be kept bright and clean. The value of right habits is clearly shown, and “much is made of the fact that more fun, better looks, and increased power to do usually accompany improved health.”

Under “Building Materials” are discussed food stuffs, their production and the intelligent care which is needed to insure their freshness and cleanliness, the values of different kinds of food, digestion and hygienic habits of eating. In this connection is a chapter on beverages, including an excellent section on alcohol, consistently and strongly treated without being overemphasized. Breathing habits, the function of respiration, exercise, and the necessity and problem of ventilation are next taken up with their obvious relations. Under the suggestive heading, “The Adulteration of Air,” the use of tobacco is given a short chapter. Then follow chapters on drinking-water and its protection from contamination, sleep, the essentials concerning clothing, and the care of the teeth, ears, and eyes, contagions, and emergencies.

Suggestions for experiment are made and many convincing stories are told in illustration of the subject-matter, as for instance the vivid story of Dr. Hodge’s dogs, Nig, Bum, Topsy, and Topsy and their relation to the alcohol habit. But a good teacher would find it to her advantage to use both experiment and illustration to a greater degree than is done in the book.

It is doubtful whether the pathological side of human function should be discussed with a child. His attention should be directed to normal action and how to attain it. Therefore I should say that the section on the symptoms of pulmonary tuberculosis should be omitted in elementary-school work. On the other hand this information is something that every adult should have.

The chapter on “Emergencies” is a very valuable one. There is good reason for children to be acquainted with simple methods of affording “first aid” in the common accidents which are likely to happen to them or their playmates. Prompt action in the right direction while the doctor is being sent for may save much suffering.

J. A. NORRIS

BOOKS RECEIVED

AMERICAN BOOK COMPANY

The Human Body and Health, an Intermediate Text-Book of Essential Physiology, Applied Hygiene, and Practical Sanitation for Schools. By ALVIN DAVISON. Illustrated. Cloth. Pp. 223. \$0.50.

Foundations of German. By C. F. KAYSER AND F. MONTESER. Cloth. Pp. 224. \$0.80.